



Tennessee State Parks

HIKING & BACKPACKING

www.tnstateparks.com

Trails do more than connect one point to another – they are an invitation, a promise of possibilities. Totalling nearly one thousand miles, Tennessee State Parks' trails reflect the state's geographic diversity and offer the novice and advanced hiker a vast assortment of recreational opportunities.

Justin P. Wilson Cumberland Trail State Park

The Justin P. Wilson Cumberland Trail State Park is the state's only linear park and only state park of its kind in the nation. When complete, it will be 300 miles long, cutting through 11 Tennessee counties. 150 miles of the Cumberland Trail are open and ready for exploration. The long distance hiker will appreciate that the designers have designed the route with water supply and scenic landforms and vistas in mind. Backcountry campsites are strategically placed, and the trail is routed near and through several populated urban areas to accommodate the backpacker's resupply needs. For section hikers or day hikers, conveniently located paved trailheads and road crossings make for an easy drive for a walk in the woods or an extended backpacking trip.

For more information call: (423) 566-2229.

Frozen Head State Park - Frozen Head has one of the finest trail systems in the state. There are over 80 miles of scenic and challenging foot trails throughout this wild and rugged 13,122-acre mountain park. The trails feature waterfalls, giant sandstone rock formations, bluffs, abundant wildlife and 14 mountain peaks over 3,000 feet in elevation.

For more information call: (423) 346-3318.

Meeman-Shelby State Park - Bordering on the Mississippi River, two-thirds of this 13,467-acre park are bottomland hardwood forests of large oak, cypress and tupelo. The park also contains two lakes and 20 miles of hiking trails that meander throughout the park.

For more information call: (901) 876-5201.

Pickett State Park - More than 58 miles of hiking trails meander through the wilderness of Pickett State Park and the surrounding forest. They vary in length and difficulty, from short day-use trails suitable for families, to longer multi-day backpacking trails for seasoned hikers. The trails afford views of sandstone bluffs, natural bridges, waterfalls and diverse plant life.

For more information call: (931) 879-5821.

South Cumberland State Park - South Cumberland is a hikers paradise in a fantastically biodiverse region with a selection of trails to suit almost any interest and physical capability. There are numerous trails suitable for day trips and loop trails that will bring you back to where you started. Some of the more interesting park features are spectacular bluff overviews in Savage Gulf, Collins Gulf, at Foster Falls, on the Fiery Gizzard Trail, at Greeter Falls and on the Buggytop Trail to Carter Cave.

For more information call: (931) 924-2980.



Pickett



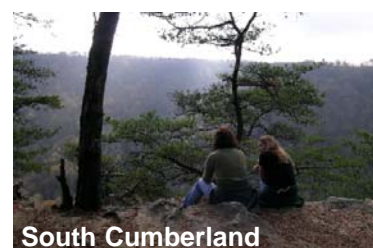
Hikers will also enjoy exploring the trails at these Tennessee State Parks:

- ♦ Long Hunter
- ♦ Fall Creek Falls
- ♦ Big Ridge

[Click here for complete list.](#)



Fall Creek Falls



South Cumberland